

## *How can dioxins and PCBs affect my health?*

Eating fish that contain dioxins and polychlorinated biphenyls (PCBs) has been linked to:

- Reduced liver function
- Increased risk of type 2 diabetes
- Changes in the immune system
- Increased risk of cancer
- Lower birth weights, reproductive and developmental defects in children whose mothers are exposed during pregnancy
- Lessened motor skills and brain development
- Chloracne (severe acne)



## *Fish Consumption Advisories in Harris County*

## *What can I do to protect myself?*

Some of the best ways to protect yourself are to:

- Be aware of consumption advisories in areas where you fish
- If you are pregnant or plan to become pregnant, you should not eat the fish or blue crabs from these water bodies
- Children under the age of 12 should not eat the fish or blue crabs from these water bodies
- Women who no longer can have children and adult men (over 12) should not eat more than 8 ounces of any fish or blue crab per month from these water bodies

### **For more information contact the:**

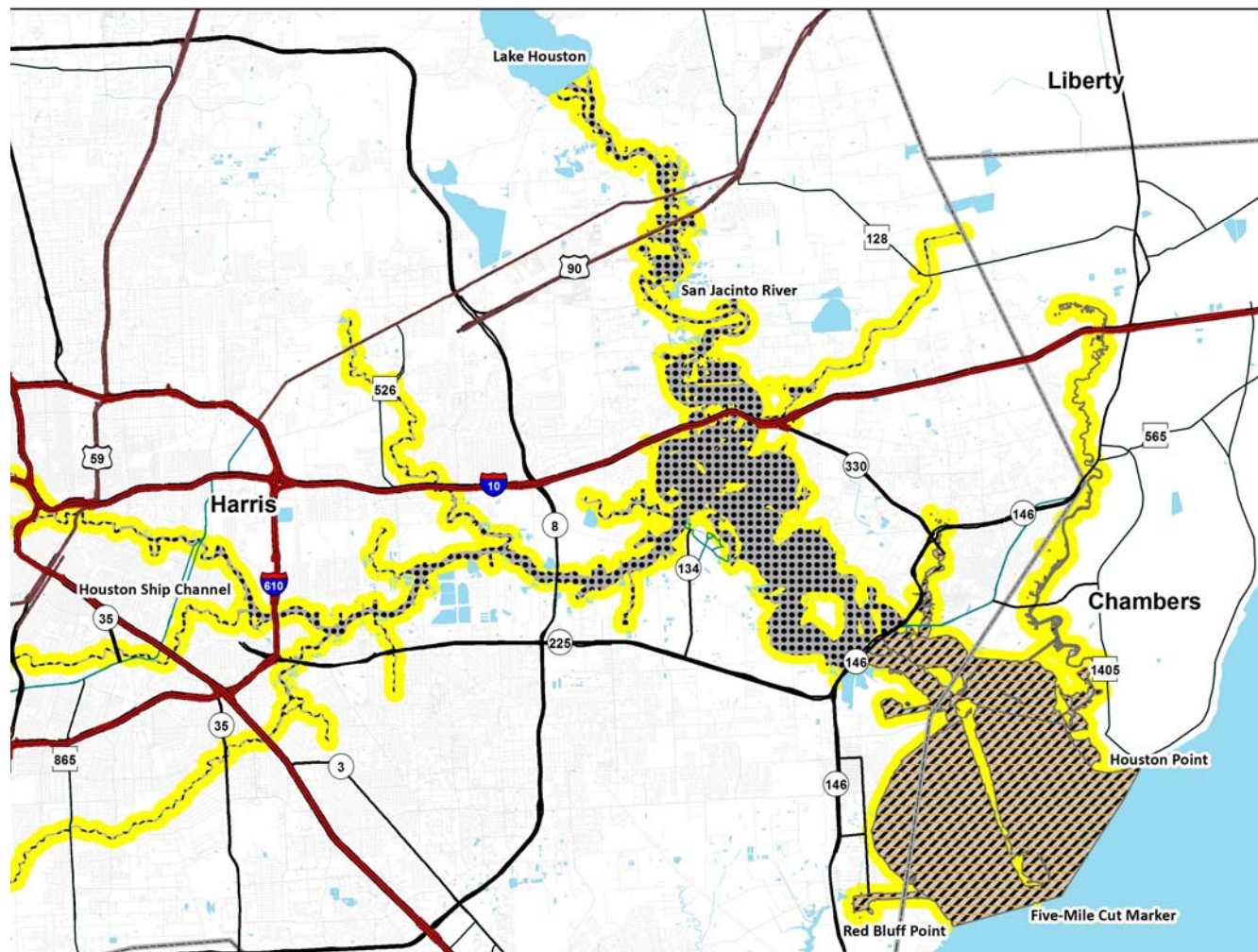
Health Assessment & Toxicology Programs  
Texas Department of State Health Services  
Austin, Texas  
1-800-588-1248  
[www.dshs.state.tx.us/epitox/hat.shtm](http://www.dshs.state.tx.us/epitox/hat.shtm)

### **For more information about fish advisories or bans in Texas, contact the:**

Environmental and Consumer Safety Section  
Texas Department of State Health Services  
Seafood and Aquatic Life Group  
Austin, Texas  
(512) 834-6757  
[www.dshs.state.tx.us/seafood/survey.shtm](http://www.dshs.state.tx.us/seafood/survey.shtm)



*There are fish consumption advisories for the areas highlighted in yellow on the map below.*



#### Advisory Area:





The Houston Ship Channel and all contiguous waters north of the Fred Hartman Bridge, State Highway 146, including the San Jacinto River below the Lake Houston Dam



Upper Galveston Bay and all contiguous waters north of a line from Red Bluff Point to Five-Mile Cut Marker to Houston Point

#### What is a fish consumption advisory?

The Texas Department of State Health Services (DSHS) tests fish and shellfish from Texas public waters for contamination. When DSHS determines that fish or shellfish in a Texas water body contain unsafe contaminant levels, a consumption advisory is issued. A fish consumption advisory recommends limited consumption of fish or shellfish from a particular area. It is not illegal to eat fish or shellfish from an area with a consumption advisory, but people should not eat more than the amount recommended in the advisory. This is to protect the health of you and your family.

Advisory Area	Contaminants of Concern	Species	Women of Childbearing Age and Children <12 years	Women Past Childbearing Age and Adult Men
	Dioxins, organochlorine pesticides, and PCBs	All species of fish and blue crab	<b>DO NOT EAT</b>	1 meal/month
	Dioxins and PCBs	All species of catfish, spotted seatrout, and blue crab	<b>DO NOT EAT</b>	1 meal/month

A meal is 8 ounces.

